



In This Issue:

AIDS Walk Edmonton	page 1
Volunteer Corner	page 2
Announcements	page 3
Support Services	page 4
In Memoriam	page 4
Education Update	page 5
Resources on the Internet	page 6
AIDS Walk 1996 Registration Form	page 7
XI International Conference on AIDS	page 8

HELPLINE



488-5816



1996 AIDS WALK EDMONTON *A Sense of Urgency...*

If there was ever a time that the AIDS Walk needed to be successful, there is no more prominent time for that need than now. There are no 'ifs', 'ands', or 'buts'... the 1996 AIDS Walk Edmonton **MUST SUCCEED**.

It is no secret that the four partner agencies need a Walk that succeeds in its revenue goal to sustain the current level of services to their clients. That success will only be achieved with committed participation from the community, especially agency supporters.

Join the rest of the community... The corporate community is lending a huge financial hand in helping the Walk reach its revenue goal. Other businesses in Edmonton are also kindly supplying the Walk with materials, and services - all donated - to help with the coordination of the Walk. Now is the time for the rest of the community to get involved by **WALKING, RAISING PLEDGES, and RECRUITING**. **Every person's participation counts!**

Walking... You may ask yourself what you can do. First and foremost, register yourself in the Walk. You can't recruit others to raise pledges for the Walk if you don't do it yourself. You can't ask others to support this very important cause if you do nothing about it yourself. **It starts with you.**

Raising pledges... Last year, only 50% of registered walkers raised pledges. If the 900 walkers who didn't raise money last year had raised just \$25 each, the Walk would have raised another \$23,000. 1996 is the year in which everyone must make every attempt to collect pledges - **this will make or break the event.**

Recruiting... Once you have registered yourself, you need to 'talk-up' the event with your friends, colleagues and family members. Everyone

(continued on page 3)

VOLUNTEER CORNER



Special congratulations to Jane,
one of our **TERRIFIC** volunteers
who has just adopted a gorgeous
baby girl,

Elizabeth Danette Patricia.

I'm sure we will all get
to meet her soon!

(Congrats also to her husband
Lorne who we hear will be a
terrific Dad!)

Thank You For VOLUNTEERING

Care Team

The first Care Team has just gone through
training and it was a huge success. Thanks
to all the wonderful volunteers and
facilitators who made this tremendous
commitment....you are the **BEST** !!!!

Volunteer Opportunities

Thanks to all the volunteers who have phoned in to do shifts
for this years' **Fringe**. If you haven't signed up yet and you
want to have some fun and meet new people, please call
June at 488-5742. Shifts are filling up **F A S T** !!!!

Currently we are looking for:



Daytime reception volunteers



People with Education/Health Care background to
work on a committee



Persons with library skills available daytime to work
in the Resource Room

If you are a registered AIDS Network volunteer and are
interested in any of the above opportunities, call our
Volunteer Coordinator, June, at 488-5742.

Thanks!

The AIDS Network of
Edmonton Society would like
to thank the YMCA for the
donation of gift certificates
that will be used to recognize
the dedicated efforts of AIDS
Network volunteers.

V.I.P. News

A bi-monthly newsletter for the
supporters of the AIDS Network of
Edmonton Society.

AIDS Network of Edmonton Society

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ANNOUNCEMENTS

you meet on the street needs to know that you are raising pledges for the Walk and that they should do the same. Only through person to person encouragement will people start to realize that the Walk is important to the survival of the four Edmonton AIDS service organizations. It only takes one person to recruit a few others, who in turn recruit a few more, who in turn do the same and so on. It only takes one person to create a huge network of walkers to support this important cause. **You are that one person.**

A sense of urgency... 1996 is the year in which the AIDS Walk must succeed. Only with your committed help will the event succeed. **The time is now.**

To register for the 1996 AIDS Walk Edmonton, please call Kim at 488-5742. If you would like to join the Recruitment Campaign to recruit other walkers who will raise pledges, please call Pam at 488-5742.

ON-GOING HIV SUPPORT GROUPS

Monday Night Support Group Edmonton Persons Living with HIV Society: Living Positive (Contact the organization at 488-5768 for information prior to attending the meeting).

Heterosexual Support Group This is a monthly facilitated support group where heterosexual individuals and couples meet to provide and receive mutual support. Contact Bernie Modrovsky at 492-6098 for details.

Family, Friends and Partners Support Group Meets again beginning August 8 at 7:00 PM. Phone the AIDS Network at 488-5742 for information.

Caregivers Support Group Meets every other Tuesday evening 7:30PM at St. John's Church, 9830 - 149 Street. Contact Bernie Modrovsky at 492-6098 for information.

New to the Resource Centre

AIDS Update 1994 - 1995
Gerald J. Stine

Module 3: Nursing Care: A Comprehensive Guide for the Care of Persons with HIV Disease
The Canadian Association of Nurses' in AIDS Care 1996
(Note : The Comprehensive Guide for Care of Persons with HIV Disease now has five modules in the set.)

Managing Your Health: A Guide for Living with HIV or AIDS
Community AIDS Treatment Information Exchange (CATIE) 1996

Glossary of HIV/AIDS Related Terms
HIV/AIDS Treatment Information Service 1995

Positive Living: A Manual for People Affected by HIV/AIDS
Vancouver Persons with AIDS Society 1993

Kathy B. also brought back a box of information from the International AIDS Conference in Vancouver. This material is available to look at in the Resource Centre. See Kathy or Heather if you are interested.



SUPPORT ISSUES

A Caregivers' Perspective **Babies with HIV**

"Three days old. Baby girl. At risk for HIV. Ready for discharge." Those are about the only words I heard on the telephone conversation with the Social Worker about the newest addition to our family. Do I really know what I am getting myself into? So, off we go - baby and I, and a box of rubber gloves (a contribution by well-meaning hospital staff, I'm sure).

How was I going to learn everything there was to know to care for her properly? How was I going to protect her? How was I going to protect my four year old son? What if he sucked on her bottle, or her soother, or her toys? What if....what if....what if?

I armed myself with teaching videos, articles, telephone calls to different resource centers. The support workers did a superb job in getting a workshop together quite quickly (three babies came into care within a few weeks) involving the AIDS Network, which was excellent. A lot of questions were asked and answered, and peace of mind attained. Seven

months later, I look back at my original worries and concerns and I am so comfortable at the level of confidence I now feel.

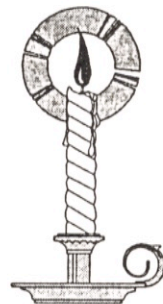
Mandy tested positive for HIV with her very first set of blood tests. Now came a different set of questions. Was she going to die? How? When? Was she going to be sick from now on? My heart was already starting to crumble. She was still so tiny. Why wasn't she putting on any weight? She was certainly eating enough.

Questions, questions, questions. Along with the questions about her care, comes the dilemma of how to handle the issue of confidentiality that prevails with the Department of Social Services. I have a hard time not being truthful about her medical status because I truly believe that people need to know. There's a very fine dividing line between the importance of protecting her identity and the importance of advocating for her rights as a baby with HIV. The biggest challenge facing me as her Mom is making sure that she is totally accepted in her world exactly as she is....a child with HIV.

In Memoriam

We wish to acknowledge the passing of

*Alex Solski
Ben Best
Vern Lagimodure
Ken B.
Bob Bowyer*



They are forever a part of our lives and memory

EDUCATION UPDATE

AIDS AWARENESS WEEK SEPT 29 - OCT. 6, 1996 KNOW MORE ABOUT SEX, DRUGS AND AIDS

The theme for this year's National AIDS Awareness Week is HIV/AIDS and substance use. The Slogan is "Getting High, Getting Hot, Staying Safe." This year's campaign is directed at a broad audience and is designed to increase awareness of the risk of contracting HIV/AIDS through the use of injection drugs and non-injection drugs including alcohol.

The Week kicks off on September 29 with the AIDS Walk at the Kinsmen Field House.

Monday, September 30 is Red on Whyte Day. Come down to Whyte Avenue and see how dozens of businesses show their support for AIDS awareness.

Once again, the AIDS Network will be holding the "Night of Lights" Candlelight Memorial Walk. This walk of remembrance and solidarity for Edmontonians infected and affected by HIV/AIDS is tentatively scheduled for Friday, October 4 at City Hall.

Other events being planned for the week include a benefit concert with some of Edmonton's hottest bands, the AIDS Vigil of Prayer, and the Interfaith Service.

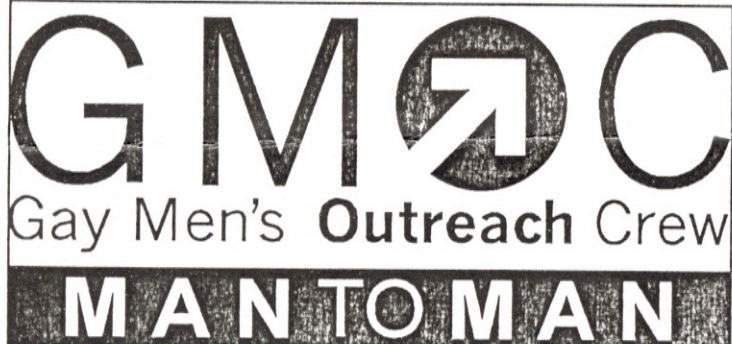
If you would like more information about or would like to help with AIDS Awareness Week Activities, please call Chelsea at 488-5742.

YOUTH HEALTH ADVISORY CONTINUES SMART SEX CAMPAIGN

The Smart Sex Campaign is now in its second year and hopes to become a sustainable initiative within Edmonton and area. This will involve the efforts of the Youth Health Advisory Council established as a result of the Smart Sex Campaign and Building Healthy Communities initiatives last year. As a result of last year's efforts, youth/young adults, businesses, parents, and other community leaders have supported the ongoing efforts of the AIDS Network in continuing the Smart Sex Campaign through the Youth Health Advisory Council. This Council has its offices on Whyte Avenue (#203, 10324 - 82nd Ave.) and will be working in the community, on the streets, in schools, in colleges, in youth centers, in university, and other venues to educate youth/young adults. Trained peer outreach educators will be doing the work with new posters and revised 'lifepaks' of information. Their office will accommodate workshops or drop-in, so education and meetings can take place on a regular basis. Cheryl Beattie and Clare Budnitski are the Coordinators for the office and events. For more information on what's happening or on how you can get involved contact Cheryl or Clare at 496-9677.

PARENT/FAMILY RESOURCE

As a result of the Smart Sex Campaign and other initiatives with parent groups, the AIDS Network in collaboration with the Alberta Community Health Nurses Association developed a resource package of information and directories to assist parents to talk with their children and teens about sex, sexuality, HIV/AIDS, STDs, pregnancy, and other issues. Financial support came from the Alberta Health Small Projects Grants. The goal is to provide parent groups, school counsellors and health nurses, school councils, and other parents with a resource package to work with and evaluate. Plans are in place to commence with parent peer training in the fall. Capital Health Authority will be assisting with this project. For information on this project and available workshops, please call Susan Jack, Duggan Health Centre at 435-9202, or Kathy Burns, AIDS Network at 488-5742.

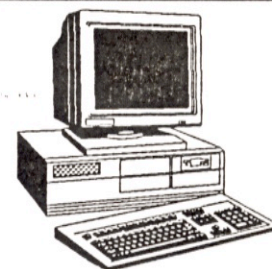


The next GMOC meeting is Wednesday, August 14, 7 - 9pm at the AIDS Network. GMOC workshops are also in place for the fall. For information on either meetings or workshops, call Cam Rycroft at 488-5742.

AN INTERNET "HOW TO"

There are a growing number of HIV/AIDS information providers who are using the Internet to reach those in need of their services. In an effort to help you, the reader, benefit from this technology, here are some guidelines concerning what you'll need to get on the Net.

If you don't already have access to a computer connected to the Internet, you will need the following: a computer, a modem, an Internet service provider and connecting software.



The Computer

Virtually any computer can be connected to the Internet. Even a basic 286 PC will allow you to retrieve and display textual information. To hook up to the Internet, your computer must be located near a telephone jack, and you should remember that your regular phone service is not available while you are travelling on the Internet.

The Modem

Basically, a modem is an electronic device that allows you to send and receive computer signals over your phone line. The speed at which modems operate is rated in bps (bits per second). Modem speed ranges from 2400 bps at the low end to 28800 bps at the high end. 2400 bps modems will allow you to retrieve text only; the minimum speed to get graphics is 9600 bps.

New modems range in speed from 14.4kbps to 28.8 kbps, and sell for just under \$100 to around \$200 respectively. If you are buying a new, faster modem for an older computer, be sure to have the computer's modem port checked to see if it can support the higher speed. If not, you will need to buy a supplementary card costing approximately \$60.

When buying a modem, it is usually advisable to stick with brand names in order to be sure your modem will work with the Internet service you choose. If you have already selected an Internet Service Provider, ask them if they recommend a particular modem.

The Internet Service Provider (ISP)

The company or institution that provides you with access to the Internet via your telephone. Their fees vary and charges are based on hours of access per week, technical support, ease of installation, start up software and the provision of extra services. You should shop around before choosing an ISP. If possible, it may be wise to opt for an established company. Also, try to find a company that guarantees at least one modem for every eight users to increase your chances of connecting. The second edition of *The Canadian Internet Handbook*, contains an up-to-date list of commercial ISP's in Canada.

Here is a list of some HIV/AIDS websites:

CATIE - Community AIDS Treatment Information Exchange

<http://www.catie.ca>

Centre for Disease Control

<http://www.actis.org/actihome.html>

<http://www.hivatis.org/atishome.html>

Canadian Clinical Trials Network

<http://www.hivnet.ubc.ca/ctn.html>

XI International Conference on AIDS

<http://www.interchange.ubc.ca/aids11/aids96.html>

Abstracts of the 3rd Conference on Retrovirals and opportunistic Infections

<http://www.idsociety.org/RETRO.htm>

AIDS Weekly plus

<http://www.newsfile.com>

JAMA HIV/AIDS Info Centre

<http://www.ama-assn.org/special/hivhome.htm>

UBC/ St. Paul's HIV Pages

<http://www.hivnet.ubc.ca>

Shakin' at Shakespear's!

Lot's of smiles and laughter came from about 100 people at Shakespear's Darts and Rumpus Room during an AIDS Network benefit on July 25. The evening entitled 'A Night of Comedy and Music' saw three Yuk Yuk's comedians, 4 talented singers, and an energetic group of performers called Tap Productions putting on an incredibly entertaining show. The event raised about \$600, exceeding the expected \$300 - \$400 goal for this event. Everything and everyone used to put the show together was donated, so all \$600 from the event goes to the Network!

Special thanks goes to Stacy and Nicole of Shakespear's for providing their establishment for the event and for their hard work behind the bar that night. Also, big 'thank you's' go to Allstar Show Industries Inc., Yuk Yuk's Komedy Kabaret, Neon, and the Volunteers of the AIDS Network.

Thanks also to Cherry Riffin for her pre-event help and the wonderful hosting job she did that night!



Darts & Rumpus Room

10306-112 St.

Ph: (403) 429-7234

YES

☐

Register me today to walk
and raise money to fight
AIDS and support people
with HIV and AIDS.

☐ Order my AIDS Walk t-shirt by mail (\$16 each).
Enclosed is \$_____ for _____ t-shirts (one size only).

☐ Make a tax deductible donation of \$ _____
to AIDS Walk Edmonton.

Name (Ms./Mrs./Mr.) _____

Address _____

City _____ Postal Code _____

Phone: Day _____ Evening _____

Company or school team name if applicable

A Call to Arms... for Legs

Over 5,000 Albertans are infected with the human immunodeficiency virus (HIV). On September 29, AIDS Walk Edmonton kicks off National AIDS Awareness Week. You are invited to enjoy an autumn stroll through Edmonton's scenic river valley and raise funds for HIV/AIDS prevention, education, care and support programs for individuals who are infected or affected by AIDS and HIV. It is more than a fund raiser - it is a gathering of people from all walks of life expressing a shared concern.

❖ XI International Conference ❖

**"One World,
One Hope"**

Conference brings 15,000 to Vancouver

The XI International Conference on AIDS was an event previously never experienced by Canada or myself. PHA's, community workers and scientists came together to learn and share the knowledge needed to continue the fight against HIV/AIDS. One notable absence was the Prime Minister of Canada, who felt a holiday was more important than showing his support to those attending the Conference. Over 15,000 people representing 125 different countries registered for the conference. 5,380 abstracts were

presented over the four days of the conference. The conference recruited and trained over 1,000 volunteers speaking 56 different languages.

Almost 2,000 delegates were awarded scholarships, with 51 percent going to developing countries. 45.5% of the conference delegates were self-identified as being HIV positive.

Global Perspective

For me the most important aspect of the conference was looking at HIV from a global perspective. While I often joked that Alberta looked very much like a third world country compared to B.C., PHA's living in developing countries cannot access *any* antiretrovirals, prophylaxis, or even aspirin. Individuals living in these countries die years sooner than their counterparts in developed countries. The lack of treatment combined with the lack of food, shelter and clean water leaves little hope. Developed countries must aid third world countries to provide basic support to PHA's. While this brings up several protectionist arguments, I believe our country can support its own citizens who are living with HIV, and support the developing countries.

One aspect of the International conference that strove to address global issues was the Community Forum. Five hundred community representatives from five

different regions around the world came together for three days before the conference. I was honored to volunteer for this event, and met people and made friends from around the world. Outcomes from this event, while many, can be briefly summarized as the need for basic human rights. Everyone in this world has the basic fundamental right to health care and equality. This event will remain a highlight of the conference for me not only for what I learned but because of the people I now call friends.

**Community
Forum
makes the
world a little
bit smaller**

Greg Ikert,
Support Services



XI International
Conference
on AIDS

Vancouver
July 7 - 12, 1996

"One day at a time"

There are over
7,500 new
infections of HIV
per day, world
wide.
1,000 are infants.

Greg will provide more information presented at the conference in future newsletters and at a special workshop that will be held in the near future. Call the office for more information.